



About the interRAI Long-Term Care Facilities Assessment

When an individual is admitted to a long-term care (LTC) facility, an interRAI Long-Term Care Facilities (LTCF) assessment is completed. The interRAI LTCF is part of a comprehensive suite of clinical assessment instruments developed by researchers and used all over the world.

The interRAI LTCF is not a questionnaire. It is a person-centred assessment that evaluates the needs, strengths and preferences of those living in a LTC facility. It looks at the performance and capacity of a person, including their mental and physical health, social supports, and everyday activities of daily living like eating and dressing.

The information from the assessment is used to identify areas for improvement and risks for a decline in health, well-being and function.

The information supports decisions made by the facility's care team to deliver customized care to your loved one. The goal is to maximize the person's quality of life by addressing their physical and mental health and enhancing their independence.

The interdisciplinary team will include input from individuals and family members in the LTCF assessment to create an individualized plan of care for your loved one.

Assessments are completed on admission and every 3 months to capture even small changes in the overall health of a person. Once completed, the assessment produces **clinical outputs** that create a personalized profile that is used to monitor status, evaluate progress and highlight areas to include in the plan of care (often referred to as the care plan).

The goal of the interRAI LTCF assessment is to maximize a person's functional capacity. The assessment information is used to improve the person's quality of life by addressing their physical and mental health, and enhancing their independence.

Clinical outputs such as Clinical Assessment Protocols (CAPs) and outcome scales are the basis of a care plan.

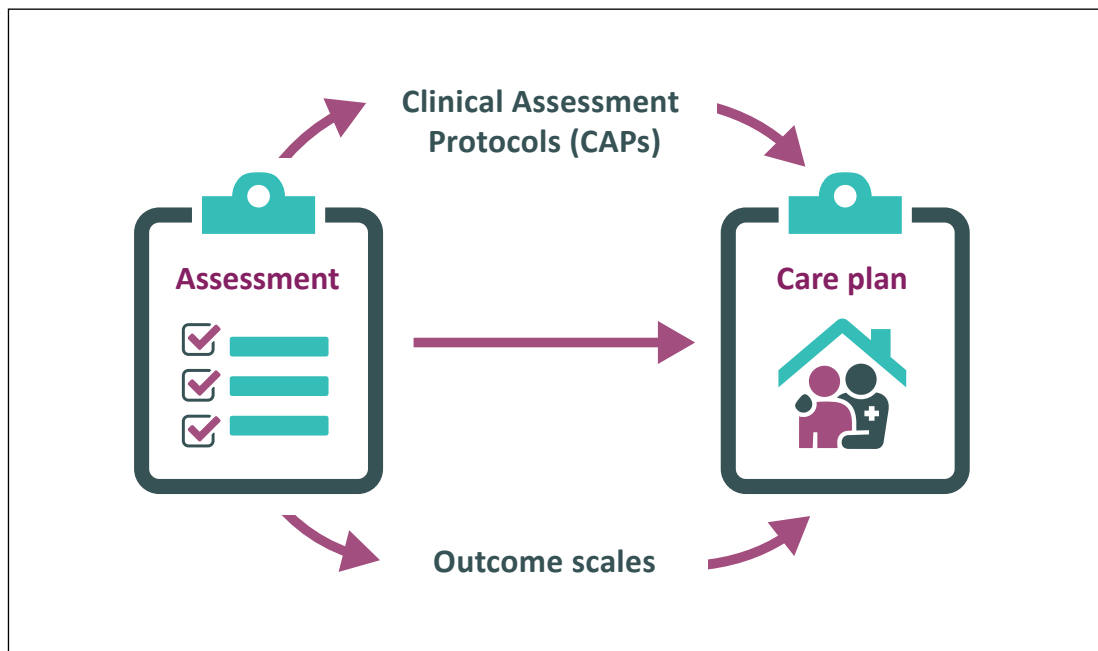
Clinical Assessment Protocols (CAPs) identify areas where the person may be at risk, where the person has the potential to improve and where the person may need further assistance to prevent decline. CAPs cover areas such as social life, cognitive and mental health, and clinical issues. CAPs help flag clinical issues, improve delivery of care and provide a better quality of life for your loved one.

Outcome scales describe a person in standardized clinical areas such as depression, cognitive performance and activities of daily living. These scales provide the interdisciplinary team with an overview of a person's status and functioning now and over time, which allows for tracking of improvement or decline in specific areas.

The clinical team met with Mrs. J and her daughter, used her clinical record and completed an LTCF assessment. There were 2 CAPs identified: activities of daily living (completing daily tasks such as dressing, personal hygiene and walking) and mood (a high score on the Depression Rating Scale indicating low mood).

Mrs. J's care plan will include activities to support her independence, as well as managing her daily activities such as getting dressed in the morning, going to eat her meals, and taking part in social activities and programs. Mrs. J is an avid scrapbooker and she will be encouraged to take part in the facilities' craft group. The plan is focused on improving Mrs. J's low mood to maintain as much independence as possible in her ability to take care of herself.

These contribute to the individual's care plan.



The interRAI LTCF assessment information, including **quality indicators** (QIs), can have a direct impact on services being offered by a long-term care home. QIs are standardized measures that can be used to support quality initiatives and program evaluation, and allow the home to customize programming based on the needs of the residents.

There are **9 long-term care QIs** that are reported in [Your Health System](#), CIHI's public reporting initiative:

- Falls in the Last 30 Days in Long-Term Care
- Worsened Pressure Ulcer in Long-Term Care
- Potentially Inappropriate Use of Antipsychotics in Long-Term Care
- Restraint Use in Long-Term Care
- Improved Physical Functioning in Long-Term Care
- Worsened Physical Functioning in Long-term Care
- Worsened Depressed Mood in Long-Term Care
- Experiencing Pain in Long-Term Care
- Experiencing Worsened Pain in Long-Term Care

Your Health System is an interactive tool for use by both the general public and the health sector. It allows a person to explore long-term care homes and hospitals based on 5 themes important to Canadians: access; quality of care; spending; health promotion; and disease prevention and health outcomes.



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